Wheaton Fifty Fit (55+) November 2023 - Fall Session

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Wonday	Tuesday	weanesday	Inursday	Friday
		1	2	3
		9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness 10am Memoir Writing 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 1:30pm Grooves & Moves:Dance Through the Decades 2:15pm 55+ Beginners Ballet	10am Watercolor Painting 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele!	9:45am Zumba 10am Conversational Spanish 10:50am Muscle UP! 11am Painting with Acrylics 12pm Lunch 1pm Qigong(Cancelled) 1:30pm 55+ Superpower Dance Circle 3pm Yoga Para Todos
6	7	8	9	10
9:05am 55+ Yoga 10am Beginners Spanish 10:05am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Chinese Folk Dance 1-4pm Mahjongg 1pm -3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	1:30pm 55+ Beginners Ballet 1pm - 3pm Neeles & Yarn	9:30am Wheaton Walks 9:30am 55+ Yogalates 10am Chinese Dance & Fitness 10am Memoir Writing 10:30am AARP Tax Aid Volunteer Presentation 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 1-4pm Mahjongg 1:30pm Grooves & Moves:Dance Through the Decades 2:15pm 55+ Beginners Ballet	9am-4pm UMD Nursing Students 10am Watercolor Painting 11am Intro to Drawing 12pm Lunch 1pm Ballroom/Line Dance 12pm Ukulele for Beginners 1pm Let's Practice Ukulele! 1pm Jewelry Club 2pm Zumba 3pm 55+ Yoga	55+ Programs Cancelled

*Participants must be registered prior to participating in any Wheaton 55+ program.

	Senior Center Director	Meals on Wheels Lunch program	Wheaton Senior Center				
Ī		Must register and make reservations prior to participating	240-773-4830				
	Alex Alcon 240-773-4829 aleiandroalcon@montgomerycountymd.gov-	240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email	Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com				





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Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
9:05am 55+ Yoga	9:05am Full Body Workout	9:30am Wheaton Walks	9am-4pm UMD Nursing Students	9:45am Zumba
10am Beginners Spanish	10am Social Dances Across the Continents	9:30am 55+ Yogalates	10am Beginners English	10am Conversational Spanish
10:05am Social Line Dance	10am Road to Health Workshop	10am Chinese Dance & Fitness	10am Watercolor Painting	10:50am Muscle UP!
11am 55+ Superpower Dance Circle	11am Zumba	10am Memoir Writing	11am Intro to Drawing	11am Painting with Acrylics
12pm Lunch	12pm Lunch	11am 55+ Superpower Dance Circle	12pm Lunch	11:30am-12:30pm Wheaton Friendship Celebration
1pm Chinese Folk Dance	12:30pm Drawing & Illustration	12pm Lunch	1pm Ballroom/Line Dance(Cancelled)	12pm Lunch
1-4pm Mahjongg	1:30pm 55+ Beginners Ballet	1pm Ballroom/Line Dance(Cancelled)	12pm Ukulele for Beginners	1pm Qigong(Cancelled)
1pm-3pm Needles & Yarn	1 pm -3pm Needles & Yarn	1-4pm Mahjongg	1pm Let's Practice Ukulele!	1:30pm 55+ Superpower Dance Circle
1:30pm Zumba Gold	3pm 55+ Chair Yoga	1:30pm Grooves & Moves:Dance Through the Decades	1pm Jewelry Club	3pm Yoga Para Todos
2:30pm Yuan Chi Dance		2:15pm 55+ Beginners Ballet	2pm Zumba	
			3pm 55+ Yoga	
20	21	22	23	24
9:05am 55+ Yoga	9:05am Full Body Workout	9:30am Wheaton Walks		
10am Beginners Spanish	10am Social Dances Across the Continents	9:30am 55+ Yogalates		
10:05am Social Line Dance	11am Zumba	10am Chinese Dance & Fitness	FF. D	FF. D
11am 55+ Superpower Dance Circle	12pm Lunch	10am Memoir Writing	55+ Programs	55+ Programs
12pm Lunch	12:30pm Drawing & Illustration	11am 55+ Superpower Dance Circle(Cancelled)	_	
1pm Chinese Folk Dance	1:30pm 55+ Beginners Ballet	12pm Lunch	Cancelled	Cancelled
1-4pm Mahjongg	1pm -3pm Needles & Yarn	1pm Ballroom/Line Dance	0311001100	
1pm -3 pm Needles & Yarn	3pm 55+ Chair Yoga	1-4pm Mahjongg		
1:30pm Zumba Gold		1:30pm Grooves & Moves:Dance Through the		
2:30pm Yuan Chi Dance		Decades(Cancelled)		
		2:15pm 55+ Beginners Ballet		
27	28	29	30	
9:05am 55+ Yoga	9:05am Full Body Workout	9:30am Wheaton Walks	9am-4pm UMD Nursing Students	
10am Beginners Spanish	10am Social Dances Across the Continents	9:30am 55+ Yogalates	10am Beginners English	
10:05am Social Line Dance	10am Road to Health Workshop	10am Chinese Dance & Fitness	10am Watercolor Painting	
11am 55+ Superpower Dance Circle	11am Zumba	10am Memoir Writing	11am Intro to Drawing	
12pm Lunch	12pm Lunch	11am 55+ Superpower Dance Circle	12pm Lunch	
1pm Chinese Folk Dance	12:30pm Drawing & Illustration	12pm Lunch	1pm Ballroom/Line Dance	
1-4pm Mahjongg	1:30pm 55+ Beginners Ballet	1pm Ballroom/Line Dance	12pm Ukulele for Beginners	
1pm -3pm Needles & Yarn	1pm-3pm Needles & Yarn	1-4pm Mahjongg	1pm Let's Practice Ukulele!	
1:30pm Zumba Gold	3pm 55+ Chair Yoga	1:30pm Grooves & Moves:Dance Through the Decades	1pm Jewelry Club	
2:30pm Yuan Chi Dance		2:15pm 55+ Beginners Ballet	2pm Zumba	
			3pm 55+ Yoga	

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